

# TIPS AND TECHNIQUES FOR BALANCING FOOD AND PHYSICAL ACTIVITY

CURRENT TOPICS ON  
**FACTS**  
NUTRITION AND HEALTH

## IT'S ALL ABOUT YOU...

Make healthy choices that fit your lifestyle so you can do the things you want to do. The key is to **"Be flexible"**! When you balance what you eat and the physical activity you do over several days, you reap the benefits of being active and you're able to enjoy your favorite foods, too.

- Have dinner reservations at your favorite steakhouse? Balance your favorite steak, a baked potato and sour cream with lower fat foods throughout the day and cap off the evening with 30 minutes of dancing.



- Going to a party? Eat a light breakfast and lunch, and spend a half-hour in-line skating or biking before you get ready for your night out.
- In the mood for something sweet and refreshing? Fit in a treat like ice cream by also fitting in 30 minutes of brisk walking.
- Enjoyed a burger and fries for lunch? Forgo your usual cookies and milk before bed and fit in an extra 10 minutes of moderate physical activity.
- Do you like whole or 2% milk and don't want to switch? Choose lower fat foods to balance it out or increase your physical activity throughout the day or week.

## Food and activity: Balance is key!

Consider that a 5'5" woman needs about 1,800 calories to maintain her weight of 135 pounds. How can she enjoy 2,000 calories each day and still maintain her weight? Physical activity!

*Here's a typical day's menu and activity schedule:*

### BREAKFAST:

Cereal with 1% milk, toast with margarine, orange juice, coffee with cream

**10 minutes on stairclimber machine**

### LUNCH:

Turkey sandwich on wheat bread with mustard, apple, diet soft drink

**10 minute brisk walk during lunch hour**

### MID-AFTERNOON BREAK:

Lowfat fruit yogurt  
Pretzels

### DINNER:

Steak, baked potato with lowfat sour cream, steamed vegetables, roll and margarine, 1% milk

**10 minutes of gardening**

*Here are some options for how she might spend the extra 200 calories "earned" from being active:*

Oatmeal raisin cookies with lunch (3 small)



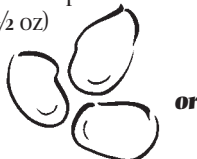
or

Lowfat ice cream and strawberries with dinner (½ cup)



or

Potato chips with lunch (1 ½ oz)



or

Bagel with 2 tablespoons cream cheese for mid-morning break



or

Apple pie with dinner (⅛ pie)



## Look and feel better with physical activity!

Health experts agree that 30 minutes or more of moderate physical activity each day offers important health benefits. And it's okay to accumulate the 30 minutes in *shorter bouts of 8 to 10 minutes each*. What's considered moderate?

- Brisk walking, hiking
- Bicycling for pleasure or transportation (<10 mph)
- Gardening and yard work (mowing the lawn, raking grass or leaves, trimming shrubs and trees, weeding while standing or bending)
- Low impact aerobics, weight training, shooting baskets
- Washing and waxing car
- Grocery shopping with a grocery cart; putting away groceries
- Roller skating or in-line skating at leisurely pace
- Golf, pulling cart or carrying clubs
- Home repair and cleaning (washing windows and floors, refinishing furniture, painting, wallpapering)